

# JANUARY 2019

## Lunch / Hamilton Heights Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> CHRISTMAS BREAK NO SCHOOL	<b>2</b> CHRISTMAS BREAK NO SCHOOL	<b>3</b> CHRISTMAS BREAK NO SCHOOL	<b>4</b> CHRISTMAS BREAK NO SCHOOL
<b>7</b> Cheesy Taco Chalizza <small>NEW ITEM!</small> Student Chef Salad Soy Butter & Jelly Sandwich Refried Beans with Cheese Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>8</b> Chicken Sliders Chicken Sliders with Honey Mustard Aioli Taco Salad Italian Sub Sandwich Turkey Sandwich French Fries Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>9</b> Soft Taco Southwest Salad Soy Butter & Jelly Sandwich Corn Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>10</b> Teriyaki Chicken w/ Rice Popcorn Chicken Salad Italian Sub Sandwich Turkey Sandwich Steamed Broccoli Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>11</b> Pizza BLT Salad Soy Butter & Jelly Sandwich Baby Carrots Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>
<b>14</b> Chicken & Cheese Quesadilla Cheese Quesadilla Student Chef Salad Soy Butter & Jelly Sandwich Refried Beans with Cheese Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>15</b> Meatball Sub Taco Salad Italian Sub Sandwich Turkey Sandwich Potato Smiles Carrot Mini Peel <small>1/2 c.</small> Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>16</b> Chicken & Noodles Student Chef Salad Soy Butter & Jelly Sandwich Mashed Potatoes Green Beans Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> Dinner Roll	<b>17</b> French Toast Sticks Sausage Patty Popcorn Chicken Salad Italian Sub Sandwich Turkey Sandwich Potato Triangle Mini Tomatoes Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>18</b> Chicken Smackers Mac & Cheese BLT Salad Soy Butter & Jelly Sandwich Corn Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>
<b>21</b> Pepperoni Calzone Ham and Cheese Calzone Student Chef Salad Soy Butter & Jelly Sandwich Side Salad Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>22</b> Hamburger w/ Bun Taco Salad Italian Sub Sandwich Turkey Sandwich Curly Fries Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>23</b> Mini Corn Dogs Spicy Southwest Salad Soy Butter & Jelly Sandwich Baked Beans Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>24</b> Chicken Alfredo with a Twist Popcorn Chicken Salad Italian Sub Sandwich Turkey Sandwich California Blend Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> Bread, Garlic	<b>25</b> Pizza BLT Salad Soy Butter & Jelly Sandwich Baby Carrots Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>
<b>28</b> Breadstick Bites Student Chef Salad Soy Butter & Jelly Sandwich Tangy Carrot Coins Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>29</b> Breaded Chicken Sandwich Spicy Chicken Sandwich Taco Salad Italian Sub Sandwich Turkey Sandwich Potato Wedges Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>30</b> Nachos w/ Meat and Cheese Spicy Southwest Salad Soy Butter & Jelly Sandwich Refried Beans with Cheese Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small>	<b>31</b> Pepperoni Pasta Bake Popcorn Chicken Salad Italian Sub Sandwich Turkey Sandwich Side Salad Assorted Veggies <small>Nutritionals based on 1/2 cup of baby carrots</small> Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> Bread, Garlic	

**Price Information** Student Lunch(\$2.55), Reduced Lunch(\$0.40), Adult Lunch(\$3.50), Student Breakfast(\$1.25), Reduced Breakfast(\$0.30), Adult Breakfast(\$1.75)

**View more:** <http://schools.mealviewer.com/school/HamiltonHeightsMiddle>

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# JANUARY 2019

## Breakfast / Hamilton Heights Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL	CHRISTMAS BREAK NO SCHOOL
7	8	9	10	11
Mini Cinnis Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Waffle Smuckers Maple Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Mini Pancakes - Maple Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Frudel - Apple Frudel - Cherry Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Sausage Biscuit Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%
14	15	16	17	18
Donut Holes (6) Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Mini French Toast Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Muffin BB Muffin Chocolate Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Frudel - Apple Frudel - Cherry Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Cinnamon Roll Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%
21	22	23	24	25
Mini Cinnis Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Waffle Smuckers Maple Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Mini Pancakes - Maple Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Frudel - Apple Frudel - Cherry Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Sausage Biscuit Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%
28	29	30	31	
Donut Holes (6) Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Mini French Toast Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Muffin BB Muffin Chocolate Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	Frudel - Apple Frudel - Cherry Assorted Fruits <small>Nutritionals based on 1/2 cup sweetened applesauce</small> 100% Fruit Juice 4oz <small>Choice of Apple, Grape or Orange Nutritionals based on Grape</small> Bar Cereal Cocoa Puffs 1 ea. Milk Choc FF Milk Strawberry FF Milk White 1%	

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